

**MULTI-SERVICE SENIOR CENTER**

40086 PASEO PADRE PARKWAY
FREMONT, CA 94538
www.fremont.gov



LUNCH: 12:00 NOON

Members: \$4:00

Non-Members: \$6.00

TICKETS INFORMATION # 790-6610

OFFICE # 790-6600

To Go Tickets Must Be Deposited At The Large Kitchen Window Immediately After Purchase

*Vegetarian Option Available

LUNCH AUGUST 2005

Please speak to the Chef before 10am for special dietary needs.

SOLD:**FIRST-COME, FIRST-SERVED**

NO REFUNDS, NO EXCHANGES

MEALS ARE COOKED ON SITE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chops, Dressing Corn Bread, Salad Vegetable, Roll Dessert	2 Marinated Salmon Fillets With Pineapple Cilantro, Rice, Salad Vegetable, Roll Dessert	3 Chicken Caesar Salad Vegetable Roll Dessert	4 Smothered Steak Steamed Potatoes Gravy, Vegetable Salad, Roll, Dessert	5 Baked Ham With Cherry Sauce, Salad Macaroni & Cheese Vegetable, Roll, Dessert
8 Special Meal \$5- \$7 Roasted Rib Eye With Bordelaise Sauce, Roasted New Potatoes, Asparagus & Pine Nuts, Lemonade, Roll, Dessert	9 Linguine With Broccoli Spinach Or Ham Caesar Salad Roll, Dessert	10 Snapper Doré With Lemon Sauce, Salad Vegetable Roll, Dessert	11 Salisbury Steak Multi Grain Rice Vegetable Salad Roll, Dessert	12 Birthday Party Honey Mustard Salmon, Rice Pilaf Vegetable, Salad Roll, Dessert
15 Crab Cakes Tar-tar Sauce Tater Tots, Cole Slaw Roll, Dessert	16 Taco Salad Dessert	17 Chicken Parmesan Caesar Salad Vegetable, Roll Dessert	18 Pork Cutlets Parmesan Vegetable, Salad Garlic Bread Dessert	19 Grilled Liver & Onions Mashed Potatoes Vegetable, Salad Roll, Dessert
22 Breaded Cod With Creole Sauce, Steamed Rice Vegetable, Salad Roll, Dessert	23 Cioppino Over Rice Vegetable, Salad Garlic Bread Dessert	24 Philly Cheese Steak Tater Tots, Salad Dessert	25 Chicken Lazione Steamed Potatoes Vegetable, Salad Roll, Dessert	26 Apple Orchard Pork Chops, Rice Pilaf Vegetable, Roll Dessert
29 BBQ Chicken, Salad Grilled Corn Cobb Baked Beans, Rolls Dessert	30 Swiss Steak, Salad Mashed Potatoes Gravy, Vegetable Roll, Dessert	31 Salmon Over Pasta In Cream Sauce, Salad Rosemary Potatoes Vegetable, Roll Dessert	September 1st Poached Fillet Of Sole In Tarragon Cream Sauce, Rice Pilaf Vegetable, Salad Roll, Dessert	September 2nd Asian Style Chicken & Noodles, Vegetable Salad, Roll Dessert

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY OF FOODS. Please Note: If you take food home with you from the meal site, it is done at your own risk. Be sure to eat food or refrigerate it within 30 minutes of leaving the site. Reheat in a 350 degree oven until bubbly for 5 minutes. Discard any food left after 3 days.